



Cotswold **Chiropractic**
and **Massage** Clinic

With so many benefits, massage therapy is a highly effective method of treatment for both men and women. At Cotswold Chiropractic and Massage Clinic, we offer a selection of treatments at a variety of prices and times.

Reflexology is a non-invasive complementary therapy which has been around for over 5000 years. It is based upon the principle that reflex points on the sides, tops and particularly the soles of the feet correspond to areas throughout the body.

Kelly-Jane treats men, women and tots through to teens!

Chiropractors specialise in the diagnosis, treatment and management of mechanical conditions of the joints and soft tissues. Emphasis is usually on the spine and the effects on the nervous system. A Chiropractic manipulation (adjustment) is a highly skilled technique, which gently releases stiffness. Pain often occurs when joints stop moving healthily. When a joint is treated and returns to normal healthy movement there is resolution of pain. Most treatments will include some soft tissue work to relax muscles and improve healing.

Aftercare and home advice are often given to maintain the positive effects of treatment and prevent reoccurrence.

Our Pilates classes are specifically designed to strengthen, rehabilitate and re-train the deep abdominal, pelvic and spine stabilising muscles. We have a clear emphasis on quality rather than quantity. This is a one-to-one or small group personal training style, where we focus on technique and form to prevent injury. Our classes are limited to 10 participants to ensure close supervision and a supportive environment. The classes are suitable for all ages and abilities and all equipment is provided. Your instructor will tailor exercises specifically to your needs. Classes run in 10-week blocks and if you do decide to introduce a Pilates and your first class, you will receive a £5 voucher.

Plates	Class time
Monday	7:00pm
Wednesday	7:00pm
Saturday	9:30am

For more information please visit our website www.ccrnclinic.uk



**Cotswold Chiropractic and
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Massage, Chiropractic and
Pilates**



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<https://www.freedasz.co.uk/x-561014-z>



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Plate Class
Monday
Plates
Wednesday
Saturday 9-12Z
For more info:



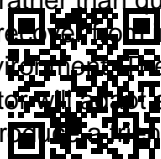
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